

## Happiness is ...

The recently released AP-MTV Youth Happiness Poll asked young people the following question: What one thing in life makes you most happy? Here are some of the top replies.

**20%**

Spending time  
with family

**15%**

Spending time with friends

**11%**

Spending time with  
spouse/loved ones

**6%**

Children

**5%**

Relationship with God

**5%**

Spending time  
with pets

**4%**

Listening to music

**5%**

Being alive